

Stepping Out



ALTERED INGREDIENTS

Objective: To discover how altering the kinds or amounts of ingredients in a recipe changes its nutrient contribution.

1. Review the ingredient list in the USDA *Lasagna* recipe (D-25).
2. Compare the ingredients in the altered *Lasagna* recipe to the standardized recipe. (Note: Recipe changes Ground Beef to 5 pounds and Cheese to 10 pounds)
3. Record the nutrient information for the altered recipe on the chart below.

Nutrients	Calories	Mg Cholesterol	Mg Sodium	G T-fat	G Sat.- fat	G Protein
Standardized recipe	244	37	354	9.55	5.01	17.02
Altered ingredients	4.08	78	615	19.94	11.20	32.65

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1. Name two USDA recipes that you commonly alter in your school kitchen.

1.

2.

2. List two reasons why you alter recipes.

1.

2.

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